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MetaBurn90 Day 1, Meal 1

Egg White Omelet with Spinach, Broccoli, and Capers

This light and delicious omelet is made with nutritious and vitamin-rich spinach and broccoli. What makes this omelet healthier than its breakfast-buffet cousins is that it is made with egg whites instead of whole eggs and has no cheese. This recipe gets its savory flavor from briny capers instead, a low-calorie and dairy-free addition that keeps this breakfast light and low fat, the perfect way to start a healthy day.

Prep time: 5 min. Cook time: 8 min.

Serving size: 1 omelet

Recipe yields 1 serving

Ingredients

3 egg whites

1 cup spinach leaves

1/2 cup broccoli

2 tbsp capers

Pinch of salt

1 tsp olive oil

Directions

1. Rinse and drain the broccoli and cut into tiny florets. Steam for 3 minutes and set aside.
2. In a medium bowl, whisk together egg whites until frothy and add a pinch of salt.
3. In a non-stick pan, heat 1 teaspoon of olive oil and pour in the egg whites. Adjust heat to medium-low, and as the outer edges of the egg whites begin to set, use a rubber spatula to pull them toward the center, rotating the pan so the raw egg whites run to the outside edges.
4. After a minute, add the spinach, still moving the pan and stirring in the spinach as it wilts. When the eggs are halfway cooked, add the broccoli. At this point, carefully start folding the egg whites back over themselves to encase the broccoli. Cook the folded omelet lightly on both sides. Tip onto a plate and garnish with capers.